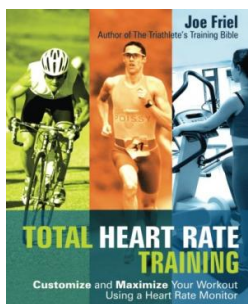


Total Heart Rate Training: Customize and Maximize Your Workout Using a Heart Rate Monitor



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